Charlie Shingel Diary of Steroid Use

*January 25th 2011 “My Tragic Ending”*

Hey my name is Charlie Shengel and I’m an athlete in college. I’ve been playing baseball since the age of 7. I’m writing this memo to encourage other athletes not to cheat like I did. Right now, as we speak I’m actually in the hospital dying of heart problems! I wish I had an adult show me the correct way to get better in my sport. However, I never did and that is why this has happened! When I was in High school I only weighed 165 pounds at 6”4. I was pretty skinny and felt like a holocaust victim. I never had the confidence to do better and always felt like a failure to my dad for not doing well in baseball. I also felt like I’ve wasted all my hard work for nothing. I remember always turning on the television and seeing my favorite athlete always winning with their muscles. Lifting was something I never pursed though because baseball didn’t require it. However, in the fall of senior year that all changed! I really wanted to be muscular for the upcoming season for baseball and I wanted something quick! The football team at our school was notorious for using something called “Diana-Bol” or simply just Diana. I promised myself I’d never cheat for baseball. Although, the results our football team had gotten were amazing! I decided to go forth and get some pills and start trying it out! When I first started using it, I was seeing massive results. I gained literally 25 pounds of straight muscle before New Year’s! When the time came for me for baseball, I was always hitting the ball extremely hard and far. I noticed my arms got bigger and I got stronger as well as faster! During the end of my senior year of baseball, Colleges were giving me scholarships just because of how good I was that year alone! I eventually got accepted into Arizona State University for baseball and I strived there for the next two years. I was still using the pill every day and I was completely unaware of what was about to happen! What happened yesterday changed everything! I was outside playing some baseball with my dad. My dad hit the ball very hard and I went to catch it but I didn’t get up. I did though wake up in the hospital completely unaware of what was going on. I am now in the hospital writing this and I want younger athletes to know that steroids are not the way to go. The doctor said I had a heart attack and that right now as we speak; I’m going to die because my liver is also going to fail. The reason is because I completely abused the pill I was given. I wish I would have listen to the “Taylor Hooton” story and not used these pills!

Taylor played baseball too and just like me abused steroids and eventually committed suicide. I hope athletes that play baseball can learn from my story that steroids are not the way to go. Steroids can kill you and they have killed me.